



BIO - Lisa Kappesser, MA

Career Transition

Lisa is a skilled career coach with over 15 years of helping students, professionals and executives determine their career paths, find jobs, change careers or jobs, and start their own businesses. She works with executives to develop their executive presence and influence skills to attain advanced roles in organizations.

Lisa is the author of the book: The Smart New Way to Get Hired: Use Your Emotional Intelligence to Land the Right Job. Lisa shares how to use **and grow your emotional intelligence to find the right job by working smarter and not harder, while managing through a competitive job market during challenging economic times**. She has been a speaker and trainer for several organizations on a national basis.

Coaching and Consulting

Lisa is a certified career and executive coach and has worked with over 500 professionals, executives, C- Suite, and business owners for enhanced performance in areas of leadership, talent management, emotional intelligence, and career advancement/transition.

Lisa is president of her own consulting company, EQ Coaching Solutions, LLC and partners with organizations to assess organizational needs, innovate strategies, and implement programs to positively impact their organizations and drive business results. She has worked with organizations across several industries: non-profit, healthcare, education, military and business.

She has created and facilitated training programs on leadership and performance management for organizations such as Cincinnati Children's Hospital Medical Center, United States Air Force, Sinclair Community College, Ho-Chunk, Inc., The Goering Center, Lighthouse Youth Services, to name a few.

She is certified and/or trained on use of several assessments: Myers Briggs Type Indicator (MBTI), Strong Interest Inventory, DISC, Hogan, and 360° assessments.

Emotional Intelligence

Lisa is an expert on emotional intelligence (EQ) with 20 years of experience in the implementation of emotional intelligence programs. Her programs have resulted in advanced EQ functioning for more effective leadership and optimized performance. She has facilitated over 200 emotional intelligence programs for businesses such as Macy's, Hydro Systems, Givaudan, Procter and Gamble, School Outfitters; for community and non-profit organizations such as the Greater Cincinnati Association of Talent Development and Legacies Upscale, and educational institutions including Miami University and Xavier University. She is knowledgeable on current emotional intelligence resources, and is certified on the EQ-i 2.0 and EQ – I 360.

Lisa was an Adjunct Professor and Consultant for the Carl H. Lindner College of Business at The University of Cincinnati for 5 years, teaching and developing courses in Organizational Behavior and Business Professionalism.

Education and Training

Lisa is a certified career and executive coach through The College of Executive Coaching. She was credentialed through The International Coach Federation. She has a M.A. from The University of Notre Dame and a B.A. from Miami University of Ohio.